

**A PROCLAMATION** concerning eatyng of vvhylte meates, made  
the .ix. day of February, the .xxxi. yere of the reygne  
of the kynges most royall maiesty.

9 Feb 1549



**F**OR AS MOCHE as by dyuers and sundy occasions, as wel hearryng, lynges, salt-  
fysch, samond, stockfysch, as other kindes of fysch, ben this yere skant, and also enhanced  
in pices aboue the old rate and common estimation of their valour: so that if the kin-  
ges louyng subiectes shulde be enforced onely to bye and prouyde hearrynge and other salte störe of  
fyshe, for the necessary and suffycient sustentation and mayntenaunce of theyr householdes and fami-  
lies, al this holy tyme of Lent, acco:dyng as they haue ben wont in tynes past to do, and shuld not be  
by some other conuenient meanes relieued therin, the same might and shuld vndoubtedly redound to  
their importable charge and detriment. And for as moche as his highnes considereth, howe this kind  
and maner of fastyng, that is to say, to absteyne from mylke, butter, egges, chese, and all other whyte  
meates, is but a mere positiue lawe of the Church, and vñed by a custome within this realme, and of  
none other sorte or necessitie, but the same may be vpon good considerations and groundes, altered  
and dispensed with from tyme to tyme by the publyke auctoritie of kynges and princes, whan so euer  
they shal perceiue the same to tend to the hurt and damage of theyr people. THE KYNGES high-  
nes therfore most graciously cōsidering and tendering the welth and commoditie of his people, hath  
thought good, for the considerations aboue rehersed, to release and dispence with the sayde lawe and  
custome of absteyning from whyte meates this holy tyme of Lent, And of his especial grace and mere  
motion giueth and grañteth vnto all and singular his subiectes within this his realme of England,  
wales, Cales, Gwynes, Hammes, and in al other his graces dominions, free lyberty, faculty and li-  
cense, to eate al maner of whyte meates, as mylke, egges, butter, chese, and suche lyke, during the tyme  
of this Lent, without any scruple or grudge of conscience: any law, constitution, vse, or custome to the  
contrary not withstanding, wherin neuer the lesse his highnes exhorteth, and in the name of God re-  
quireth, all suche his faythfull subiectes, as maye, wol, or shall enioy this his sayde graunt or faculty,  
that they be in no wise scruple or doubtful therof, nor abuse or turne the same into a fleschly or carnal  
libertie, but rather endeuour them selues to their possible powers with this libertie of eating of whyte  
meates, to obserue also th at fast, whiche god most specially requyeth of them: That is to say, to re-  
nounce the world and the deupl, with al theyr pompes and workes, and also to subdew and repress  
their carnal affections, and the corrupt workes of their flesh, acco:dyng to their vowe and profession  
made at the font stone. For in these poyntes specially consisteth the very true and petyte abstynence  
and fastyng of a Chrysten man. This to endure and continue from yere to yere, till the kynges  
hyghnes pleasure shalbe by his maiesties proclamation publyshed to the contrary.

**GOD SAVE THE KYNG**